

THE
KAPPA
ALPHA

THETA

MAGAZINE
WINTER 1995-96



TOGETHER WE CAN
MOVE MOUNTAINS

1996 Grand Convention

KAΘ

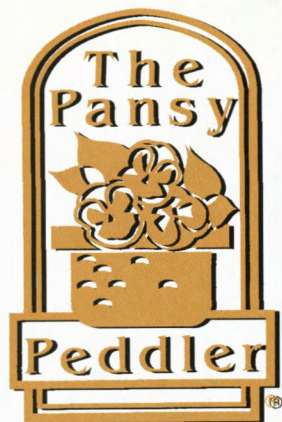
Sue Anne Gilroy:
From Alpha Chapter to
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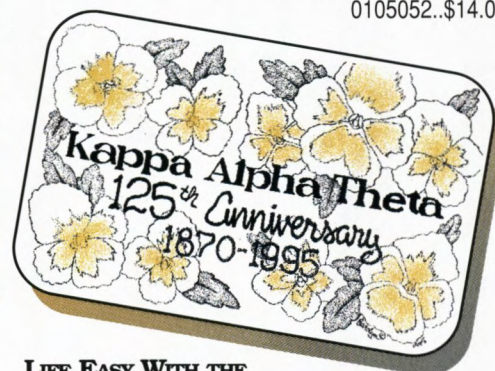
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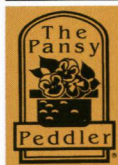
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Winter 1995-96 Volume 110 Number 2

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Director of Communications

Karen Schultz Alter

Editor

Elizabeth Appel Rinck

Art Director

Maureen Fahey Bowers

Associate Editor

Hillary Brames

Editorial Board:

Sally Walker Davies

Michele Gullans Foster

Joy Illikainen

Allison Kahn

Kathryn Mitchell

Alison Stahl

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Member College Fraternity
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TOGETHER

We Can Move Mountains

**Rekindle old Theta
friendships • Meet new Theta
friends • Join the spirit of Nikê, the
Final Banquet, Initiation, and the
Parade of Flags • Sing • Become
inspired • Learn • Laugh •
Love • Enjoy**



**TOGETHER WE CAN
MOVE MOUNTAINS**

1996 Grand Convention

KAΘ

**1996 Grand Convention • July 10 - July 14
The Grove Park Inn • Asheville, North Carolina**

Purple mountain majesty lives where the shimmering Blue Ridge and the Great Smokies meet. In the heart of that crossroads is a beautiful mountain city with a feeling ... a balance of old and new like no other. It is tranquil, dramatic, away from it all ... yet clearly progressive.

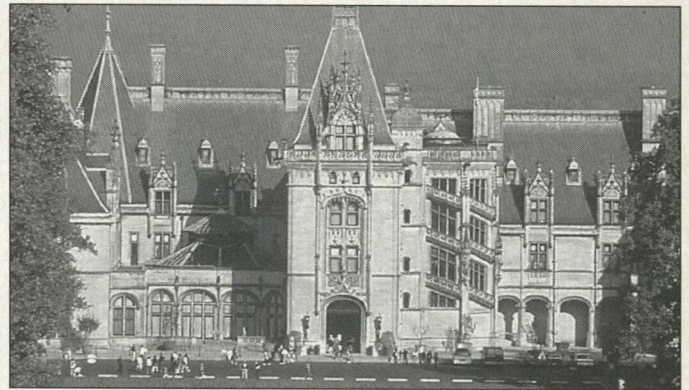
In that city is a grand mountain resort, designed at the turn of the century to lure even the most well-traveled. It beckons them with pure mountain air; an awesome spectacle of architecture; and the finest service, cuisine, and amenities. This is a hotel so unusual that today it is listed on the National Register of Historic Places. It is a place to savor as one of the most enduringly original and exciting resorts in America.

It's a different world up here. The pace is gentler. There's less traffic, noise, and cement. There's lots of green ... probably thousands of shades of it.*

*Adapted from a Grove Park Inn brochure.



The Grove Park Inn Resort attracts guests with mountain views.



The grandeur of the largest private home in America amazes visitors to the Biltmore Estate.



Rollicking rapids make rafting near Asheville an exciting adventure.



OVER THE DESKTOP

Bits and Pieces

A few months ago, I cleaned out a drawer in one of *The Magazine* filing cabinets. I cleaned it out so thoroughly, in fact, that I actually emptied it! It was a proud moment.

Now, of course, that drawer is full again, as are all the other drawers in the publications office. This overflow of documents, photos, and clippings illustrates a perennial problem in magazine publishing: There's never enough room.

With every issue, we are constrained by a finite number of pages to fill and a finite number of hours before the final deadline. With every issue, those finite numbers force us to decide what we'll publish now, what we'll hold for the future, and what (unfortunately) we'll probably never be able to publish.

This issue of *The Kappa Alpha Theta Magazine* contains several features we're especially pleased to be able to publish.

As part of our ongoing Health and Well-Being series, we offer an article about innovative and effective treatments for premenstrual syndrome. We've all heard PMS jokes; we may even have told a few. But for millions of women, PMS is nothing to joke about. Linaya Hahn, Alpha Upsilon/Washburn, is becoming a nationally recognized authority on PMS. Her article, "PMS: Solving the Puzzle," begins on page 12.

We are also pleased to be able to publish a profile on a Theta breaking new ground in state government. Sue Anne Gilroy, Alpha/DePauw, is currently serving as Indiana's first female secretary of state, and many people believe she stands a good chance of becoming Indiana's first female governor. Susan Holloway, Gamma Pi/Iowa State, interviewed Gilroy at the Indiana Statehouse; the resulting article, "A Vision of Something Better," begins on page 33.

This issue of *The Magazine* concludes our celebration of the Fraternity's 125th anniversary with the final regular installment of "KAΘ Scrapbook." And in addition to offering more information about our sixty-second Grand Convention, we also explain how Thetas can recommend candidates for the next Grand Council.

Even after filling the 36 pages of this issue with these and other features, there were some bits and pieces remaining in our files that we thought were important and interesting. We thought we'd use

this page to share them with you.

Theta Authors

Two Theta authors have recently published books.

Letters From Wupatki, by Courtney Reeder Jones, Rho/Nebraska, tells how she and her husband moved into an 800-year-old Arizona Indian ruin as National Park Service caretakers. Jones's lively correspondence captures a more innocent era, before post-World War II years brought paved roads, expanded park facilities, and ever-increasing crowds of visitors to Wupatki and other national parks. The book also reveals changes in the Joneses themselves, as they came to terms with their day-to-day reliance upon each other and their Navajo neighbors.

I Spy School Days is the sixth title in the best-selling, critically acclaimed series by Jean Marzollo, Gamma Zeta/Connecticut, and Walter Wick. The book comprises 13 picture riddles designed to show that learning and fun are not mutually exclusive. Crammed with objects, toys, and words, each picture riddle is designed to stretch the imaginations of children aged four and up.

Jean Marzollo is also the author of *Ten Cats Have Hats, In 1492*, and other books for children.

Internship

We are seeking an intern for *The Magazine* for the summer of 1996. For more information, please call Headquarters, 1-800-526-1870, ext. 150.

Editorial Board

This issue of *The Magazine* marks the debut of our first editorial board. This board was formed to help develop ideas for each issue, to serve as a professional resource, and to critique each issue. Members of the 1995-96 board are Kathryn Mitchell, Epsilon Zeta/Mississippi; Sally Walker Davies, Beta Pi/Michigan State; Michele Gullans Foster, Gamma Chi/Fresno State; Joy Illikainen, Gamma Nu/North Dakota State; Alison Stahl, Gamma/Butler; and Allison Kahn, Zeta Theta/Cal Polytech State. Look for profiles of our editorial board members in the Spring 1996 issue.

Women's Health Video

One out of every four women under the age of 25 smokes, peak prevalence for alcohol abuse among women occurs in the 18- to 24-year age range, and as many as 20 percent of girls and women display some signs of an eating disorder. As is evident from these facts, it is imperative that college women receive reliable, up-to-date information regarding disease prevention and health promotion so they can make informed decisions regarding their health.

Kappa Alpha Theta has decided to make available to our college chapters a new video on women's health. The 27-minute video, called *Get Real: Straight Talk About Women's Health*, has been produced and donated by the Society for the advancement of Women's Health Research and the office on Women's Health of the US Public Health Service. The informative video and an accompanying facilitator's guide will be sent to each chapter in the spring of 1996. The goal of this program is to help young women learn the importance of developing a healthy self-image, receiving proper nutrition, and sustaining an appropriate exercise routine.

Happy Holidays

Copy deadlines for this winter issue hit in early October, and it seems incredible that *The Magazine* won't be in the mail until the middle of December. Best wishes for a happy holiday season and a wonderful new year.

Loyally,

Liz Appel Rinck

Liz Appel Rinck
Gamma/Butler

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LETTERS

Convention Choir

We're calling on all Convention visitors to join our musical talent pool! This is an opportunity to share fun with collegiate and alumnae members by performing for the Convention body. It's a chance to take home happy memories!

Making beautiful music is the aim of the Convention Choir. Making new friends and enjoying an uplifted spirit are the byproducts of participation.

I look forward to hearing from all interested Thetas. Please contact me at 21 Bette Drive, Manchester, CT 06040 as soon as possible. Please include your summer address for an early June mailing of music and a short self-introduction.

Joyce Anne Rogers Vitelli
Chi/Syracuse
Music Coordinator

Theta Connections

As probably the only Theta in West Virginia, I really look forward to the next issue of *The Magazine* and to knowing there really is a Kappa Alpha Theta out there.

I was an Army brat, and my family was overseas during my college years. Theta became my home, and I loved it and was loved in return.

Sally Leech
Gamma Mu/Maryland

I had a very nice experience recently. I was invited to be the keynote speaker at Ag. Week at the University of Missouri. This is a unique effort—entirely planned, run, and organized by students, and indeed, they also raise the funds to support the effort. I spoke about the export opportunities for US agriculture products around the world.

What I wanted you to know especially is that Missouri Theta Kerry Brook Edlin was Programs Chairman for the Ag. Week '95 Steering Committee, and it was she who invited me. Theta was the connection: She saw an article about me in *The Kappa Alpha Theta Magazine* as I was leaving office as secretary of commerce in the Bush administration. Kerry impressed me greatly—the way she organized her role, presented herself, and did so many things to make my visit as interesting as possible.

We all know that Theta sisterhood

creates many opportunities and experiences, and this is one that I enjoyed very much.

Barbara Hackman Franklin
Beta Phi/Penn State
Former US Secretary of Commerce

Support System

Theta was a major support system during the time of our daughter Cathy's (Catherine Currey Paladino, Beta Nu/Florida State) death. I would like to share with you portions of the letter I sent to all the Thetas who supported us.

I have a story to tell about Theta love—love that spanned two generations and has helped ease the pain of our daughter Cathy's death after her hard-fought battle with cancer.

This is also to remind us that life brings both joy and sorrow; this year certainly has been bittersweet for us.

Our younger daughter, Karen, married a wonderful young man on April 22 in Clearwater. Cathy was to have been Karen's matron of honor, but she had just been diagnosed with cancer and had to have her first series of chemotherapy treatments that weekend in Orlando. Over the weeks, Cathy was supported by Theta sisters in the hospital and at home, and Karen's Theta sisters came to support her at a beautiful wedding.

As word of Cathy's cancer spread, her Theta peers from Georgia and Florida met in groups to make a video. It arrived several weeks before Cathy's death, and I was fortunate to be able to share with her the tears and joys it brought.

Some of you whom I have seen only once or twice during the past 37 years have showered us with cards, prayers, and beautiful messages that have comforted us in our time of grief. The love I have received from each of you has put a smile on my face. The establishment of the Cathy Currey Paladino Memorial Fund by Cathy's Theta sisters is a special tribute to her memory. We have been overwhelmed by your generosity, as we know she would be also.

Nancy Muller Currey
Beta Nu/Florida

Magazine Frequency

In response to your appeal for comments on *The Magazine*, I am prompted to write a letter. First, I will repeat my

wish to receive all issues of the publication. Over the years, it has kept me in touch with Theta; it has been almost my only link. Up here in the St. Lawrence River valley, I have met one Theta in the 37 years I have lived here. This does not speak well for my outreach efforts; it highlights the importance of *The Magazine*.

I do have a suggestion or two to reduce costs: Cut back on the glossy, four-color effort. Publish three issues in newsletter format, black-and-white, with the important spring issue remaining as it is. I know they are necessary, but the long lists of names of donors, officers, obits, do get tedious. Personally, I particularly enjoy the news of alumna and articles of broad interest. The difficulty with special-interest group publications is the huge amount of space devoted to internal business. It's boring.

Susanna T. Dumbrille
Tau/Northwestern

We are always glad to hear cost-cutting ideas! In the last year, we have taken several steps to reduce the cost of producing The Magazine. In some issues (this one, for instance), we have reduced the number of total pages, and we have reduced the number of full-color pages in all our issues.

Our goal, however, is not simply to produce an inexpensive magazine. We also want to produce a magazine that appeals to all our audiences, is a source of pride for our members, and is an excellent representative of and for our Fraternity.

We believe that allowing our members a choice about whether they receive The Magazine quarterly or annually is currently the most effective and equitable way of decreasing production and postage costs.

Letters to The Kappa Alpha Theta Magazine may be edited for length.

Corrections

Corrections to the Alumnae Directory (*Autumn*, pages 11–12) follow. We apologize for any inconvenience the errors may have caused.

♦Susie Mitchell is the president of the Northwest Dallas Alumnae Club.

♦The St. Paul alumnae group is a chapter, not a club.

♦Stacy Hayes is the president of the Denver Alumnae Chapter.



SNAPSHOTS

Portraits

Individual Achievements

Tracy Seiler, Zeta Omicron/Wake Forest, a seventh grade teacher at Walkertown Middle School in Winston-Salem, is the recipient of the Sally Mae Foundation Award for North Carolina. She won the First Class Teacher's Award, given to first year teachers all over the country. Seiler will join the other recipients in Washington, DC, to receive her award at the White House.

Shawn Stephens, Epsilon Epsilon/Baylor, an attorney with the national law firm of Akin, Gump, Strauss, Hauer, and Feld, received an LLM in international economic law in May 1995.

Michele Brunick, Phi/Pacific, was chosen the winner of the National Speech-Language-Hearing Association Award at Northwestern University. Bruneck will receive her master's degree in speech and language pathology with a specialty in early intervention, working with children three years and younger.



Connie Foster Ross, Alpha Upsilon/Washburn, is "Connie" of *Backstage Live with Gary and Connie*, the only radio entertainment show broadcast

across the United States from Las Vegas. The show reaches more than 12 million potential listeners weekly. Ross is also director of advertising and publicity for the Imperial Palace Hotel/Casino and president of the Las Vegas Advertising Club.



Jody Gibson, Beta Omicron/Iowa, has been named a full-time faculty member in the Department of Mass Communications at the University of South Dakota. Gibson

holds a master's degree from the University of South Dakota and was recognized as a Graduate Superior Scholar. For the past four years, Gibson worked as a public relations specialist for Marian Health Center in Sioux City, Iowa. She has served as an adjunct faculty member and graduate teaching assistant at South Dakota and will continue to teach desktop publishing classes and instruct undergraduate advertising classes.



Sherry Stevens, Gamma Iota/Kentucky, is the owner and founder of Scintilla, a mail-order lighting design company. The premier issue of the catalog features

unique lighting designs and accessories—from sophisticated to funky to thoroughly modern—by more than ten artists and designers.



Dawn Hornback, Gamma Upsilon/Miami, was recognized as a regional finalist in the emerging business category of the 1995

Entrepreneur of the Year Award program sponsored by *Inc. Magazine*. She was also named to the *Cincinnati Business Courier* 40 Under 40 list of outstanding young Cincinnati-based professionals. Hornback is founder and president of

the Observatory Group, Inc., a full-service marketing and design firm specializing in strategic communications planning and computer-generated design and production for the commercial, medical and legal fields. The Entrepreneur of the Year award recognized the Observatory Group's outstanding growth and excellent profit margins. The 40 Under 40 award recognized both business success and community involvement.

J'Nae Fincannon, Omicron/USC, was named Miss Beverly Hills 1994, second runner-up Miss California, and was awarded Ms. Congeniality during the pageant. She hopes this will help her network as she pursues her singing career. Fincannon, singing lead vocals, recently helped a Latin/jazz band produce a four-song CD; presently the singer/songwriter is working on a CD of her own.

Marcia Krause Bilyk, Alpha Tau/Cincinnati, has been appointed senior pastor of the Susanna Wesley Parish in Blairstown, NJ. Bilyk received her Master of Divinity degree from The Theological School at Drew University. She formerly served as senior president in pastoral care at the Columbia-Presbyterian Medical Center in New York City.



Jamie Phillippe, Gamma/Butler, has been named vice-president for external affairs at the Museum of Science and Industry, Chicago. She will oversee the Museum's

development, membership, and marketing departments. Phillippe formerly worked with the Alford Group, Inc., a national consulting firm specializing in not-for-profit organizations, where she had served as senior vice-president and national marketing director since 1992.

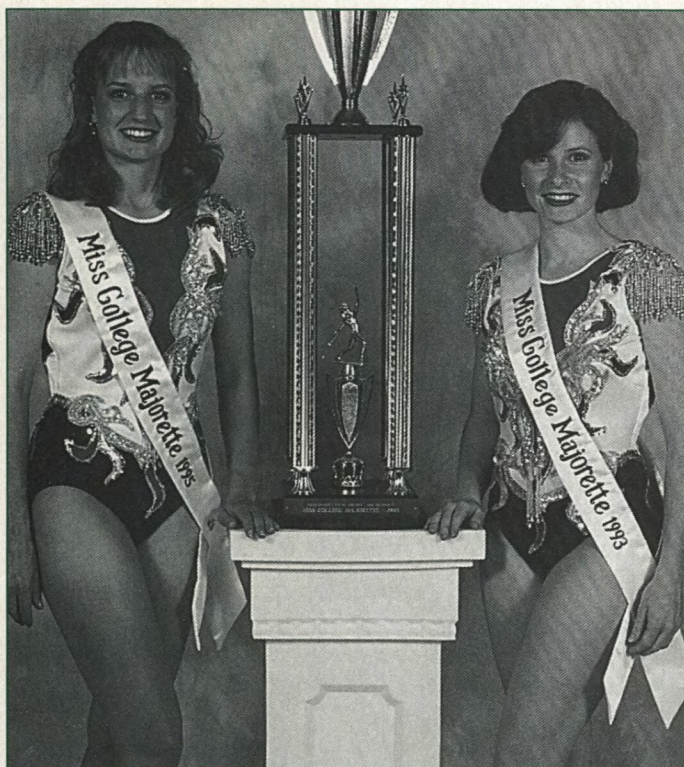
Barbara Carter Palmer, Delta Theta/Florida, authored a textbook titled *Developing Cultural Literacy through the Writing Process*. Palmer is a professor of Reading and Language Arts Education in the Department of Education Theory and Practice at Florida State University. In 1994, she received the University Teaching Award in recognition of Excellence in Teaching.



Kristy Balderson, Epsilon Pi/Bucknell, has been named Carolton Cards Sales Representative of the Year for the Northeast Region. The award recognizes leadership performance in sales and customer relations. Balderson was nominated based on meeting and exceeding sales forecasts and new business objectives for 1995.



SNAPSHOTS



Kristen Hanson, Delta Phi/Clemson, won the title of Miss College Majorette 1995 at a national twirling competition in Tennessee. Hanson has twirled for Clemson for four years. Miss College Majorette 1993, **Brandy Perry, also Delta Phi/Clemson**, crowned her friend and roommate of four years.

Tracy Truskowski Turner, Gamma deuteron/Ohio Wesleyan, and her mother worked as extras on the remake of the 1957 romantic-comedy film *Sabrina*. Turner is currently working as a model and studying acting in New York City. She has parts on two new CBS series, *Central Park West* and *Seventh Avenue*.



Lynn Catterton Schrichte, Tau/ Northwestern, has written and is performing a one-woman show based on the life of Minnie Maddern Fiske, an actress known for her

valiant stand against the infamous syndicate known as the Theatrical Trust.

Martha Valerio, Eta/Michigan, has been named to the new position of vice-president corporate development at Northwestern Mutual Life. Since 1990, Valerio has headed the Policy Benefits Department; she has been with Northwestern Mutual Life since 1985.

In 1987, she was named director of support services in new business.

Sara Skoglund, Alpha Lambda/ Washington, has been named president of the Bellevue, Wash., Chamber of Commerce. For the past five years, Skoglund has been general manager of the Southwest King County Chamber of Commerce. She graduated from the six-year Institute for Organization Management at the University of Colorado. Skoglund is president-elect of the Washington Chamber of Commerce Executives.

Sara Jarvis Dumas and Emily Sale Gardner, both **Gamma Delta/ Georgia**, have written and published *Lullabies for The*

Wonderful Wicker Swing. Dumas wrote

both the book and the promotional pamphlet, and Gardner was responsible for illustrations.

Frances Stiles Lamont, Psi/ Wisconsin, served in the South Dakota Senate for seven terms—1975–1989. In 1991, the state legislature named the Lamont Youth Development Center in her honor.

Pamela McKay Johnson, Beta Omega/Colorado College, was honored and recognized by the advisory board, facility corporation board, and chapter members of Alpha Xi/Oregon chapter. Johnson was presented with her first membership badge by the advisory and corporation boards.



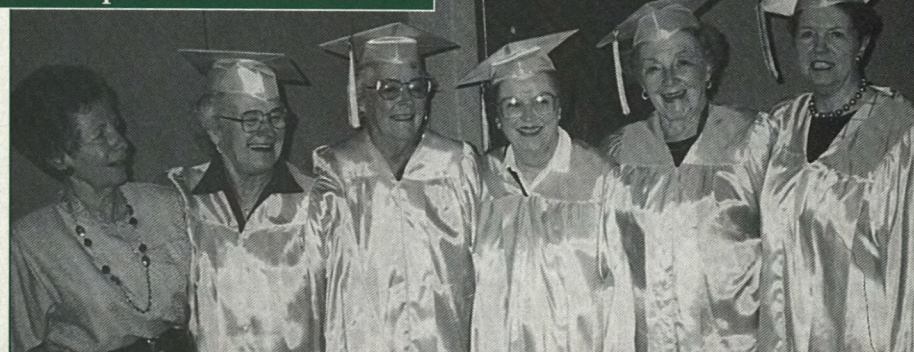
Rachel English, Gamma Delta/ Georgia, was crowned Miss University of Georgia and then earned the title of Miss Georgia, giving her the opportunity to represent her state in

the Miss America Pageant. English is a 1995 graduate of the University of Georgia and represented her school on the homecoming court.

Rachel Seguin, Epsilon Zeta/ Mississippi, was nominated by Congresswoman Eddie Bernice Johnson to attend the US Military Academy at West Point.

Composites

Chapter & Club News



In 1945, 12 **Thetas from Alpha Nu/Montana** graduated and started a round robin letter to keep track of each other. This year seven of them met in Missoula for their 50th reunion. Pictured are **Dorothy Hunt Wade, Loraine MacKenzie Cooney, Peggy Ford Rockwell, Harriet Dillavou Wise, Karma Johnson Lochrie**, and **Mary Jane Gorr Stokke**. Not pictured but present: **Dorothy Martin Mather**.



SNAPSHOTS



The Denver Alumnae Chapter officers enjoyed hiking, relaxing, shopping, and conducting chapter business during a weekend retreat in Breckenridge, Colo. Pictured are **Cathy Price**, B/Colorado; **Kendy Cusick-Rindone**, P/Nebraska; **Emily Honig**, Φ/Pacific; **Kris Carr**, AO/Oklahoma; **Patti Theil**, B/Indiana; and **Stacy Hayes**, P/Nebraska.



The Monterey County Alumnae Club held an honor tea to commemorate the 125th Anniversary of Kappa Alpha Theta. Twenty-seven women gathered in Carmel for high tea, with special recognition to local collegians, 50-year or more Thetas, and Alumnae District President Carolyn Menge.



Beta/Indiana won first place in the Little 500 Bike race for the second consecutive year. Although the race began 45 years ago, it wasn't until 1988 that a women's race was held. In 1994, Theta was the first holder of the pole position to win the race. Theta was also the first women's group champions. The 1995 Beta Chapter team members include **Greta Hoetzer**, **Maggie Mathews**, **Alison McGregor**, **Erin Reilly**, **Jennifer Cranston**, and **Julie Beck**.



Seven members of Gamma Nu/North Dakota State went camping at Gooseberry Falls, Minn. *Back row:* **Erin Infanger**, **Nicole Amiot**, **Jennifer Baxter**, **Betsy Dahlgren**, *front row:* **Stacy Bartz**, **Angela Blair**, **Melissa Ulman**.



Five members of Beta Delta/Arizona spent three weeks in Marbella, Spain, on the Costa del Sol. From left to right: **Shannon MacMillen**, **Kerri Nichols**, **Nancy Goodman**, **Andrea Atkins**, and **Heather Atkins**.





SNAPSHOTS



Mary Kuchler's wedding was the site of a Theta gathering. Pictured are **Mary Anne Connolly, AO/Texas;** **Katherine Post, OUC Berkeley;** **Lisa von der Mehden, Mary Kuechler Gomez, OUC Berkeley;** **Beth Eesley McClean, OUC Berkeley;** **Laurette Slawson, OUC Berkeley;** **Amy Sapper Poling, OUC Berkeley.**



The Winston-Salem Alumnae Club hosted a congratulatory and farewell brunch in honor of **Zeta Omicron/ Wake Forest** graduating seniors. *Seated:* **Ellen Doyle, B/Indiana;** **Trish Grossman, A/Whitman;** *standing:* **Tracy Seiler, ZO/Wake Forest;** **Pam Ball, BP/Duke;** **Virginia Hill, BA/College of William and Mary.**

Members of the London Alumnae Club met to honor outgoing president Janice Holcombe, who is returning to the US after living in England for 18 years. Holcombe was president of the alumnae club, whose members are scattered throughout the British Isles, for 10 years. Pictured are **Charline Appleby, BA/Arizona;** **Mindy Gallogly, EE/Villanova;** **Chili Hawes, BO/Colorado College;** **Janice Holcombe, TS/ San Diego State;** **Elizabeth Taylor, BY/British Columbia;** **Mary Foale, Y/Minnesota;** **Sue Russell, EY/Richmond;** and **Billie Starke.**



Among the more than 350 Beta Zeta members returning to Oklahoma State for their seventy-fifth anniversary were nine sisters from the 1950s. *Seated:* **Nova Henderson Cox, Pat Brant Brown, Vonda Bivert Evans, Sue Schrimsher Vance;** *standing:* **Belen Wish Gresens, Rae Crownover Hoover, Janet Hilton Heithsmith, Ann Loy Engel Last, Billie Talley O'Connor.**

Close-Up

Beta Zeta Chapter Celebrates 75 Years at OSU

Beta Zeta Chapter at Oklahoma State University celebrated its seventy-fifth anniversary in June, and more than 350 alumnae returned to the chapter house in Stillwater, Okla.

The celebration included the burning of the house mortgage (assumed to finance a 1979 addition) and a keynote address by Beta Zeta alumna Mary Fallin, lieutenant governor of Oklahoma. Alumnae also participated in a grand march led by Muriel Tice Nelson, who represented the chapter's first pledge class (1921). A highlight of the anniversary party was the presentation to the chapter by Alma Brooks Weaver of a copy of the book *Sixty Years in Kappa Alpha Theta*. Weaver obtained the book, which was signed by founder Bettie Locke Hamilton, at the 1930 Grand Convention.

*By Vonda Bivert Evans,
BZ/Oklahoma*

In honor of the anniversary, several contributions were made to the university. They included a \$1,000 contribution to the OSU Library for the purchase of books focusing on the role of American women in religion, family life and conflict, politics, and health and social issues; a park bench for Theta Pond; and two \$500 scholarships to Beta Zeta collegians.

The roots of the Beta Zeta chapter reach back to 1913 when Ruth Lahman, Betha Buffington, Virginia Howard, and Myrtle Adams, students at what was then Oklahoma Agricultural and Mechanical College, formed a social group; their official name was Alpha Theta. In 1917, Alpha Theta petitioned to become a member of Kappa Alpha Theta, but World War I delayed action on their request. It was not until two years later that the petition was granted; Beta Zeta was installed on September 6, 1919, with 36 charter members.

PMS: Solving the Puzzle



"PMS is real, and we don't have to have it," says Linaya Hahn, AY/ Washburn. She teaches women with PMS how to help cure themselves.

Linaya Hahn, Alpha Upsilon/Washburn, is a recognized expert in the field of PMS care. Her interest in PMS began in the early 1980s as a result of her own frustration with living with symptoms doctors seemed unable to treat. After working as a PMS counselor and manager of a women's health center, Hahn founded the PMS Holistic Center in Buffalo Grove, Ill., in 1985.

Hahn is a founding member of the Dalton Society, the international organization for PMS research, education, diagnosis, and treatment. She is a member of the International and American Association of Clinical Nutritionists and the American Holistic Medical Association.

In addition to appearing on *The Oprah Winfrey Show*, Hahn has been interviewed in several national publications. She has authored articles for medical journals, and in January 1995, her first book, *PMS: Solving the Puzzle*, was published.

I thought I was going crazy. Premenstrual syndrome has 150 symptoms, and I had almost all of them. No matter that the majority of the symptoms are physical; I was afraid I was going crazy.

I used to have severe PMS. My PMS is now under control; in fact, most months, I don't notice any PMS symptoms at all!

But I'm frustrated. Women with PMS are often misdiagnosed and misunderstood. I know from my personal and clinical experience that women do *not* have to have PMS.

There are only two things you need to know about premenstrual syndrome. Number one: PMS is real. Number two: We don't have to have it.

We will never find the cause of pre-

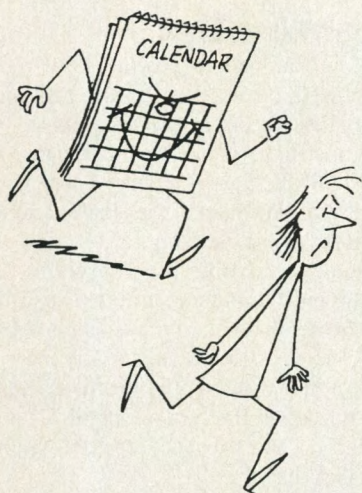
menstrual syndrome because there isn't just one. Since there is not just one cause, there is not just one answer. But there are answers! Taking drugs to mask the symptoms does not get rid of the problem. Each woman needs to find the cause of her PMS and eliminate it before she can feel really healthy.

Exploring the Syndrome

There are 16 causes of PMS, 16 pieces to the puzzle. Addressing a single cause will help, but until all the pieces are in place, symptoms will still occur.

Premenstrual syndrome can start with major hormonal changes or life stresses. It can appear up to two years before a girl/woman starts her periods or when she goes on or off birth control pills or fertility drugs or has an IUD inserted or removed. PMS can appear after amenor-

By Linaya Hahn

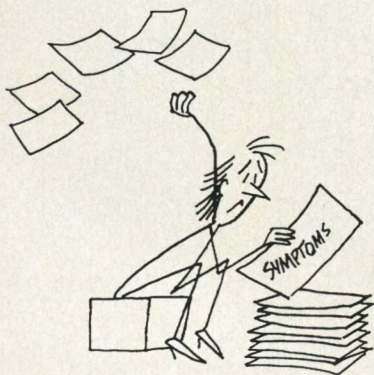


rhea (missed periods), pregnancy, a tubal ligation, or a hysterectomy. It can also appear in relationship to a high-stress event or to long-term, low-level stress.

PMS does not indicate that we will have a terrible time at menopause. Premenstrual syndrome is not cramps, endometriosis or pelvic inflammatory disease (PID). However, women suffering from PMS may also have these problems and can be helped by many of the PMS-control suggestions.

One highly skilled nurse who came to see me had quit her job, was ready to divorce her husband, and was seeing a psychiatrist twice a week. We quickly identified what was causing the chaos in her life and started to eliminate the causes. Within three weeks, she told her psychiatrist that she couldn't think of anything to talk to him about, and she remains happily married!

So how *do* we control PMS? Frequently, doctors we consult don't know. We're told to go off caffeine and to be physically active, whether that's swimming, cycling, walking, gardening,



or aerobics. We also know that it's important to reduce stress, but we may not know how. We try to eat a balanced diet and may even take a vitamin pill. But we still don't feel up to par before our periods.

I was following those suggestions and taking hormones. I felt better, but not great. I was convinced that I could feel well again if only I could stay awake during the day and sleep at night.

Classic PMS Is a Sleep Disorder

Imagine my excitement when I learned that classic PMS is a sleep disorder! In my own case, I awakened several times a night before my period. Other women could sleep 12 hours or more a night and still wake up crabby, depressed, and tired.

We all know that if women, men, or children don't sleep well, they are likely to be irritable, depressed, tired, and have trouble concentrating the next day. Sounds like PMS, doesn't it?

PMS is not a hormonal malfunction; it really is "all in our heads." *Melatonin*, which our brains produce to help us sleep, must drop a little to allow ovulation and the resulting hormone changes to occur. When our periods start, melatonin returns to its normal level, and we again sleep better. During the day, with proper light, melatonin turns to *serotonin*, a neuropeptide that is present at high levels when we feel great and think clearly. Perhaps in some women, serotonin levels fall too low or are lower

Sixteen Causes of Premenstrual Syndrome

(Listed in order from the easiest to the most difficult to identify.)

- 1 Thyroid system malfunction
- 2 Caffeine
- 3 Poor diet, especially one including sugar and NutraSweet
- 4 Inadequate level of vitamins and minerals
- 5 Possible estrogen/progesterone imbalance
- 6 Sleep disorder
- 7 Inadequate light
- 8 Atypical *Candida albicans*
- 9 Lack of exercise
- 10 Stress
- 11 Food allergies or sensitivities
- 12 Parasites
- 13 Environmental sensitivities
- 14 Mercury tooth fillings
- 15 Exhausted adrenal glands
- 16 Unresolved sexual or physical abuse

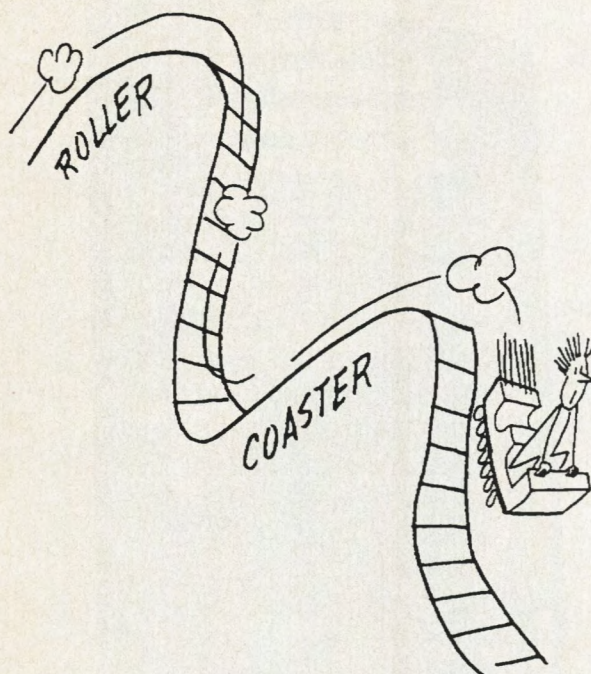
because of stress or a poor diet.

This can exacerbate PMS symptoms.

Stress, Diet, and Sleep

We metabolize serotonin faster when we're under stress. Maybe the most important thing we can do for ourselves is eliminate some of the "shoulds" and "ought tos" in our lives. Do we really have to do everything on our "to do" lists? Conversely, have we included time for ourselves on our lists? Where? At the bottom? How many times do we get to the bottom of the list? One of my favorite bumper stickers says, "Of course, I *can* do it; the question is, do I *want* to?"

I also suggest eliminating artificial sweeteners from our lives. Aspartame, found in diet drinks and diet food, contains *phenylalanine*. Phenylalanine competes with the serotonin precursor, *tryptophan*, to get into the brain. Thus, consumption of diet drinks or diet



foods can lead to lower serotonin levels. By eliminating aspartame, many women greatly reduce their premenstrual symptoms and their sugar cravings.

Sugar cravings? Who, me? How do five candy bars, five doughnuts (frosted), and one-half gallon of ice cream sound?

When brain serotonin is low, the brain signals for an increase. We often interpret this as a sugar craving because we need an insulin surge to transport tryptophan and phenylalanine into the brain. If the transport molecules are filled with artificial sweeteners (aspartame), our brains will not receive the serotonin they need and will call for more sugar to start the transport mechanism. This is why women often report lessened sugar cravings when they stop eating diet foods. Those of us who feel we just can't give up artificial sweeteners should use saccharine rather than aspartame. Saccharine does not interfere with brain chemistry or build up in the liver. That blue packet really can make us blue! (Incidentally, you won't feel withdrawal symptoms when you go off artificial sweeteners.)

Research also shows that sleep patterns, and thus melatonin and serotonin,

can be supported by taking either niacinamide (vitamin B3) or melatonin.

I didn't realize I had salt cravings. Then I noticed that I would want popcorn for two weeks, and then not for two weeks, and then want it again for two weeks. Hmmm.

Did you ever wonder why some of us crave salt before our periods? Medical

texts state that a "certain amount" of sodium is needed to keep serotonin active in each cell. Additional sodium is also used by the adrenal glands when we're under stress. So don't worry about salt intake for PMS.

The Caffeine Roller Coaster

It's important to realize that caffeine, even in the morning, can interfere with sleep patterns at night. Caffeine magnifies our reactions: If we're irritable, we're more irritable; if we're depressed, we're more depressed; if we're tired, we're more tired (after that initial pick-up). In addition, caffeine and phosphorus in soft drinks leach calcium from our bones. So in the interest of better sleep, calmer emotions, and stronger bones, we need to get off the caffeine roller coaster.

Let me recommend going off caffeine gradually. To avoid caffeine withdrawal headaches, mix regular coffee with 25 percent decaffeinated coffee, then increase the decaf every four days. Those of us who live in college chapters or work in offices might suggest that everyone try this. Then see how everyone feels and whether personal interactions become smoother. Decaffeinated tea, fruit juices, and water are good substitutes for coffee.

Lighten Up!

Now that we have learned how to sleep well, we need to learn to turn on the lights. Recent research points to improper light as one of the 16 causes of classic PMS. That is an easy cause to remedy: Simply open the shades and turn on lights in the morning.

Full-spectrum light is especially important. Go outside and take a walk. Enjoy the changes in the seasons. My aunt Mary, an artist, says, "Anyone can walk a half mile in any weather." Aunt Mary lived in the mountains of Wyoming and was 80 years old when she said that!

Full-spectrum light contains all seven colors of the rainbow, plus balanced trace amounts of ultraviolet A and B. Each wavelength brings a different physiological response. When we spend most of our time indoors under yellow-orange artificial light, many of our biological functions operate with reduced efficiency. Exciting research shows that seven-color light with trace UV helps us calm down and changes melatonin to serotonin.

Classic PMS is related to SAD, seasonal affective disorder. SAD is characterized by decreased functioning during the dark days of winter and increased sugar or alcohol cravings. Sound familiar?

A landmark two-year study about light and health was conducted by the Department of Education of Alberta, Canada, in 1991-92. They found that students learned faster, tested higher,



cooperated better, grew faster, had 33 percent fewer absences due to illness, and 66 percent fewer cavities than expected when exposed to full spectrum light with balanced trace UV. Ultraviolet light also pulls the cholesterol from our blood and changes it into D3 in the skin, which in turn causes increased calcium deposits in the bones. Numerous studies from around the world highlight the fact that our bodies were designed to live under all the colors of the rainbow.

A Critical Piece of the Puzzle

One frequently missed piece of the PMS puzzle is systemic Candida. We generally recognize this as a vaginal infection or as thrush, but Candida can live on any mucous membrane, such as in the respiratory or digestive tracts.

Candida is a one-celled microorganism that lives in women, men, and children. It causes problems when it grows out of control. One of the greatest risk factors for Candida-related PMS is antibiotic use, even years earlier. Antibiotics kill the good and the bad micro-organisms in our bodies. The Candida fungus grows quickly to replace those micro-organisms. Progesterone, which is present naturally during the last half of the menstrual cycle, stimulates the growth of Candida. When the short-lived Candida dies, it releases 79 toxins into the body. Those toxins can affect any system of the body, causing irritability, depression, mental cloudiness, fatigue, respiratory or digestive upsets, and adult acne, as well as vaginal infections.

Since I got my Candida under control, I have energy I haven't had in years.

The good news is that the Candida overgrowth is reversible. We start by building up the immune system and body with a multivitamin and mineral supplement containing about 30 different vitamins and minerals. Then we take acidophilus because it re-implants in the digestive system and displaces Candida. We take aged garlic extract because it kills 20 different kinds of fungus, including Candida. (Yes, you can buy deodorized garlic.) We take caprylic



acid capsules, one of the byproducts of fat metabolism, which specifically targets Candida. These are available from health food stores.

As Candida dies and releases toxins, we may crave sugar and feel worse initially. We need to stay with the process. The flulike symptoms will pass.

It is very important for young women to eliminate a Candida overload from their bodies before they get pregnant. High progesterone levels which support the pregnancy also feed Candida. After delivery, a massive Candida die-off can occur, which is often misdiagnosed as postpartum depression.

I can't believe that I don't have a migraine before each period. It was worth the temporary diet changes.

Some of us think we're experiencing early menopause because Candida can cause our periods to be erratic and affect the flow. Once we get Candida under control, menopause becomes much more comfortable.

Focus on Diet

Healthful food promotes healthy bodies. Concentrate on a Rainbow Diet—a wide variety of vegetables. Add nuts and beans, turkey, chicken, fish, beef, lamb, pork, and eggs. Skip the ham; it's

either sugar-cured or aged. Complex carbohydrates—rice, pasta, and potatoes—are good; salads with olive oil and lemon juice dressing are fine.

It is important to eliminate foods that encourage the growth of Candida from our diets. Foods to avoid include sugar as well as fruit and fruit juice (temporarily). We should avoid fermented products such as soy sauce and alcohol, as well as vinegar and foods containing vinegar, such as mustard, catsup, pickles, olives, salad dressings, mayonnaise, and Miracle Whip. The last categories to avoid are aged cheeses and yeast breads.

**I can breathe again!
No more sinus problems
or asthma attacks!**

The Thyroid Connection

Another piece of the PMS puzzle is thyroid system malfunction. Women who have a relative with a thyroid malfunction or who feel cold when others are comfortable may have a malfunctioning thyroid system. One of the thyroid's main functions is temperature control. To determine a possible thyroid problem, begin by taking an underarm temperature reading for several days after menstruation. Take it early in the morning, before moving. If the temperature is not normal, we need to look into thyroid system malfunction.

Solving the Puzzle

We've discussed many of the frequently missed causes of premenstrual syndrome. It's important to remember to believe in ourselves. We *can* get well. We are *not* crazy!

I have a Richard Bach poster in my office. The text reads: "You are never given a wish without also being given the power to make it come true. You may have to work for it, however."

Linaya Hahn's book, *PMS: Solving the Puzzle*, is available from Chicago Spectrum Press for \$25. The telephone number of her PMS Holistic Center is 1-800-520-3822.

Keeping an Eye on the Future

Next July, Thetas from all over the country will join together and "Move Mountains" in Asheville, North Carolina, to celebrate Theta's 62nd Grand Convention. This convention will be a special celebration of our many successes, but it will also be a time to look to the future of the Fraternity for the next millennium. In just a few short months, voting delegates will arrive to conduct legislative business and to elect the next Grand Council to guide us forward. But it is you—Thetas from all over the country—who provide input, ideas, and financial support to help us achieve our goals as we move toward the year 2000 and beyond!

What can we expect in the year 2000? One certainty is *change*. The world around us is changing faster than many of us can keep up with! Following are some mind-boggling statistics: The number of cellular telephone subscribers has jumped from zero in 1983 to more than 20,000,000 today; the information supply available to us doubles every five years; the performance of microchips doubles every 18 months with no increase in cost.

Here are some statistics that are even more alarming. According to the National Center for Education Statistics, college enrollment is expected to decline two percent from 1994 to 1998. The number of students in the Greek system is expected to decline even more. In fact, the number of Theta initiates has declined almost 10 percent over the past five years. (This statistic is similar for most other Panhellenic groups.)

What does all this mean? In this world of change, Theta must also change to attract members who subscribe to the ideals of our founders. During Convention, we will have an opportunity to discuss and vote on many issues. One issue will be asking for women to *recommit* financially to Theta. We will be

asking for college women to *recommit* by proposing an increase in per capita fees, which is the annual fee paid by active college women, from \$30 to \$45. Equally important, we will be asking alumnae women to *recommit* by strongly encouraging them to invest of themselves passionately in adviser jobs and to invest in the Fraternity passionately by continuing payment of our \$10 International Alumnae Dues.

Below are some commonly asked questions when greater financial support for the Fraternity is expected.

Q: Why is a collegiate per capita fee increase necessary?

A: Because college enrollment and Greek involvement have both declined, our largest source of income—new member initiation fees—has also declined. The costs associated with providing many services, from paper to print *The Magazine* to air fares for our Consultants to the Fraternity's 800 phone service for our members, continue to rise. The Fraternity relies on participation from its individual members, both college and alumnae women, to fund specific programs.

Q: How much money will be raised from this dues increase?

A: The \$15 per capita dues increase from approximately 8,700 active members would generate an additional \$130,500 (7.6 percent of total revenue) for Fraternity programs. The Kappa Alpha Theta Strategic Plan calls for this increase to continue to support and enhance existing programs and to develop new program areas.

Q: Alumnae already pay dues to their local chapters and clubs. Why pay dues to the International Fraternity?

A: Local dues help support local programming needs for chapters and clubs. International Alumnae Dues are utilized to develop programs and services that benefit Thetas internationally, such as developing future programs for career networking and

continuing development of new alumnae chapters and clubs nationally and internationally.

Q: What do other groups pay?

A: Currently, per capita dues range from \$30 to \$70, with Theta being the lowest among the following groups: Delta Delta Delta, Delta Gamma, Kappa Kappa Gamma and Pi Beta Phi. Most Panhellenic groups collect international alumnae dues, which range from \$6 to \$15.

Q: What efforts are being made to control costs?

A: Controlling our costs is a primary objective when budgeting for the Fraternity. Total administrative expenses, including salaries for the Fraternity Headquarters, declined almost seven percent from 1994 to 1995. Theta has reduced the number of Chapter Consultants from 14 in 1989-1990 to five in the current academic year. To reduce printing and postage expenses, *The Magazine* is now mailed annually to the entire membership and quarterly to those members who have expressed a special need or interest. Looking for ways to operate the Fraternity "smarter" and at lower cost will continue to be explored.

Q: But I already give to the Foundation. Doesn't my Foundation contribution also benefit the Fraternity?

A: Donations made to the Foundation continue to support leadership-oriented and educational programs such as TAA and the Chapter Consultant program. However, Foundation donations are also increasingly difficult to raise and don't fully fund these and other Fraternity programs. The annual grant to the Fraternity is limited, as the majority of Foundation donations support scholarships and CASA, our international philanthropy. The Fraternity must continue to look toward other means of financial support in addition to the annual Foundation grant.

Q: How can I pay my International Alumnae Dues?

A: Good question! Simply send a check in the envelope contained in the centerfold of your Autumn issue of *The Magazine* or mail it along with the form on this page to Fraternity Headquarters.

We should all be proud of our Theta heritage and proud of the ways Theta is working toward assisting with the many important social and economic issues facing all of us in today's and tomorrow's changing world. We look forward to Theta continuing its leadership role in meeting these challenges head-on. Your time, talents, and financial support are needed to achieve this goal. We will be counting on our collegiate and alumnae members to take that first step toward moving these mountains next July in Asheville.

Jill Pfeifle Sauser
Vice-President Finance

Kappa Alpha Theta Fraternity Dues

Name _____
Chapter/School _____ Phone (____) _____
Address _____
STREET CITY STATE/PROVINCE ZIP
Preferred First Name _____

☐ Enclosed is my \$10.00 annual dues (check payable to Kappa Alpha Theta).

Return this form with your dues to:

Kappa Alpha Theta International Headquarters
8740 Founders Road, Indianapolis, IN 46268

For further information, please call 1-800-526-1870 or 317-876-1870.

As the youngest founding member of Kappa Alpha Theta, Hannah Fitch is credited with ensuring the Fraternity's survival after the other Founders had graduated. She was also instrumental in establishing the first literary society for women at what would become DePauw University, and she served as the first woman on the editorial staff of the *Asbury Review*.

In an essay assignment for a college class, Hannah Fitch expressed her thoughts on higher education and careers for women. Following are excerpts from "Choosing an Occupation," which was written in 1871.

Thanks to Fraternity Archivist Mary Edith Arnold, AM/Missouri, who suggested this essay as the subject of the last installment of "KAΘ Scrapbook."

Whatever apology may be made for laziness, there is no one who will say that it needs further cultivation or encouragement, since the supply already exceeds the demand.

When observation and experience alike teach that contentment is not found in having nothing to do, how strange that anyone should desire to lead an indolent, inactive life!

Each one possesses such qualities of mind and heart as, when rightly employed, will fit their possessor for some particular place and work in life! Since we are individually responsible for the use we make of our natural abilities, as well as those which are acquired, it is right that we seek to know where and how we may employ them to the best advantage.

As all persons are supposed to understand their own disposition, and to know whether they have a fondness for any special pursuit, it is better to leave the choosing of an occupation entirely to individual preferences than to refer the matter to parents or other advisors.

They are wise who, perceiving for what work they are best adapted, dare to do what they feel than can do well. Such persons will not be deterred by a false humility from accepting a high position for which they are well-fitted, nor will they be influenced by pride and ambition to despise their true calling and aspire to a place for which they are in no wise suited.

Since it is the privilege of all to enter upon any trade or profession for which they are qualified, even though fortune

KAΘ SCRAPBOOK

A FOUNDER'S THOUGHTS

This is the last article in a series celebrating our 125-year history.

may have rendered it wholly unnecessary as a means of receiving a livelihood, everyone who possesses the natural abilities requisite for the study of law, medicine, or theology, or who evinces an aptitude for any trade or mercantile pursuit, or indicates any special talent for music, painting, or any other art has the right to prepare herself for usefulness and honor in whatever department of labor she may prefer to enter.

Although activity and energy are always essential to success, yet even with these qualities none were ever thoroughly successful in any important work in life who had not something like a passion for their calling. Whatever their occupation, they who do not strive to honor their work by entering upon it with genuine ardor will reach but moderate results, though they should ply their respective vocations through a long lifetime. Inasmuch, then, as success depends largely upon the proper choice of an occupation, a decision should not be made without due consideration.

It will not detract from the interest of science, literature, or the classics if students keep in view their future occupations and endeavor to trace whatever connection may be found between their daily lessons and their great life work.

Such students will not throw aside their books as soon as the last dread examination is over and they have received their degrees, but they will continue their investigations still further and that, too, without neglecting their business.

There is a common notion that a collegiate education is a preparation for a learned profession alone, and when students return to their homes to engage in some quiet pursuit or to share a part of domestic duties, the question is gravely asked, "What advantage will calculus be in housekeeping? What use will astronomy and geology be in cooking? And what good will Greek and Latin do a young lady in society?"

As if education should consist merely in the acquirement of such knowledge as may be displayed in ordinary conversation, or readily converted into cash, or made to serve the interests of the kitchen!

Whatever tends to develop the nobler faculties, to strengthen the reasoning powers, or to cultivate and refine the taste is of practical importance. And it should be the constant aim of every student to obtain an education as liberal and extensive as circumstances will permit, and at the same time to make it practical by studying with some definite purpose in view.

If the influence of domestic life in molding character and giving tone to society has been correctly estimated, surely nowhere does a liberal education promise a richer harvest than within the sacred precincts of home.

Good, wholesome cooking and a well-regulated house are items too important to be overlooked or neglected, yet a knowledge of books need not, and does not, conflict with domestic duties, but, on the contrary, rather tends to make them pleasanter and in every way adds to the sum of happiness at home.

When women have the courage to chose congenial occupations in which by proper application they may achieve honor and success, then will they attain their greatest usefulness, and whether in the law office, at the merchant's counter, in the school room, with sculptor's chisel or painter's brush, or engaged in the daily routine of home duties, we shall everywhere find them cheerful and contented and accomplishing the great work of life. ■



Hannah Virginia Fitch (Shaw), 1871.

The Future of Kappa Alpha Theta Is in Your Hands... Nominate for Grand Council!

Each biennium, members of Kappa Alpha Theta have the opportunity to participate in the nomination process to select Grand Council members to lead the Fraternity.

The success of the election process depends on Theta members who submit recommendations to the Executive Nominating Committee.

Become familiar with the explanation of Kappa Alpha Theta's election process that follows and be a participant in the future of Theta by sending your recommendations to the Executive Nominating Committee.

"I owe much to my continuing Theta service because I am using my organizational development and fund-raising skills daily in my professional life. I have received more than I have ever given during my years as a Theta volunteer!"
—Caryl Krohne,
President

Election Process*

- The Executive Nominating Committee is appointed during the fall before Grand Convention.

- Members, college chapters, and alumnae chapters and clubs submit names to the Executive Nominating Committee, which determines the availability of each submitted name.

- Recommendations are procured and interviews are conducted by the Executive Nominating Committee.

- The Executive Nominating Committee provides a report to the Convention Nominating Committee, which will determine a slate of a president and six vice-presidents.

- The Convention Nominating Committee presents the slate to the delegate body for voting.

- Nominations from the floor may be made by delegates, providing prior permission from the nominees has been obtained.

- Every Grand Convention delegate votes by ballot.

Eligibility

- Every position of Grand Council is

**For further information on the nomination process, please contact Janet Peters, Executive Nominating Committee Chairman.*

elected at Grand Convention.

- Council members may serve no more than four terms as a vice-president and two terms as president.

- Council members may serve no more than two terms in the same vice-president position.

- Members of Grand Council may not regress in office.

"I have enjoyed visiting and being closely involved with so many outstanding young women, who are the campus leaders of today and who will provide a promising future for Theta tomorrow."
—Carol McPadden,
Vice-President College

Qualifications

- Grand Council members must be members in good standing with the Fraternity.

- Grand Council members must have a college degree.

"I enjoy looking at big picture issues and participating in open discussions.... I enjoy working with a professional staff that brings insight into our decision making and that excels in the day-to-day management of the Fraternity."
—Cathy Bayse
Vice-President Education

- Past involvement with the Fraternity is helpful, but not required. Grand Council is moving toward a governance operating model in an attempt to reduce the amount of time required for service. Other organizational and professional experiences are valuable.

- Council members must be able to work as a team to build consensus, possess the ability to strategize and problem solve, and exhibit an openness and willingness to make decisions for the good of the Fraternity.

- Members must possess good verbal and written communication skills,

"... It's the opportunity to make a difference, to have your vote count. At the same time, it's listening and being able to change your point of view for the good of the Fraternity."
—Margie Baum
Vice-President Development

be able to speak well before a group, enjoy comfortable rapport with collegians and alumnae, and represent the Fraternity well to members and nonmembers.

Council Member Responsibilities

- The term of office for each Council member is two years.

- Although serving on Grand Council is a volunteer position, expenses are paid by the Fraternity.

- Grand Council is the governing body of the Fraternity in the interim between Grand Conventions.

- Grand Council is responsible for the creation and maintenance of plans, programs, policies, and operations of the Fraternity.

- Grand Council administers and controls the financial affairs of the Fraternity.

- Each member of Grand Council is expected to participate in installations, visitations, and other official Fraternity affairs.

- All members of Council should be alert to the Fraternity's responsibilities in the educational world and be aware of the relationships with college and university administrations and the general public.

- Grand Council members should recognize the importance of their responsibilities in directing the business affairs and the future of the Fraternity, and must have time available for phone calls, correspondence, travel, training, board meetings and international/regional/district meetings. ■

"... I have had the privilege of working closely with our collegians. They represent the future of our Fraternity, and I have been continually inspired by their leadership qualities and their love and enthusiasm for Theta."
—Helen Woodward,
Vice-President Membership

Recommendation for Grand Council

Do you know someone who:

- has a love of Theta and a strong commitment to her success?
- is willing to learn and expand her knowledge of the Fraternity?
- is a team player and a consensus builder?
- wants to play an active part in Theta's history and future?
- has volunteer time to attend two or three weekend Council meetings a year?
- has volunteer time for one or two conference calls a month?

College and alumnae chapters, alumnae clubs, and individual members of Kappa Alpha Theta may submit recommendations for consideration by the Executive Nominating Committee. These recommendations for consideration call the attention of the Executive Nominating Committee to alumnae members qualified for service on Grand Council. Consent of the woman being recommended is required if she is not presently a member of Grand Council, or a district or a special officer.

Biographical forms are sent to each recommended Theta for completion and returned to the Executive Nominating Committee.

Send recommendations no later than April 1, 1996.

Recommendations postmarked after April 1, 1996, cannot be considered.

Grand Council Recommendation Form

Send recommendations no later than April 1, 1996,
to the Executive Nominating Committee Chairman:

Janet P. Peters
245 W. Wistaria Ave.
Arcadia, CA 91007

Recommendations postmarked after April 1, 1996, cannot be considered.

I (We) wish to recommend:

Name _____
FIRST MAIDEN LAST

Address _____
STREET CITY STATE/PROVINCE ZIP CODE

She is a member in good standing of: _____
COLLEGE/CHAPTER ALUMNAE CHAPTER

How long, and in what context, have you known the nominee? _____

Reasons for recommending this member and comments on talents and suitability for Council service: _____

Please share examples of the nominee's commitment to Theta: _____

Recommended by: _____
FIRST MAIDEN LAST COLLEGE/CHAPTER ALUMNAE CHAPTER

Address _____ Phone (____) _____

Check one: ☐ Group Recommendation ☐ Individual Recommendation

Additional information or comments may be attached.

Recommendations endorsed by a college or alumnae chapter or an alumnae club represent all its members and make individual recommendations unnecessary.

Bonds of Sisterhood Link Collegians and Alumnae

Our alumnae are our advisers, our supporters, our friends," writes Lauren Blatt, Delta Zeta/Emory.

Susan Kim, Zeta Mu/MIT, agrees. "When we are a little confused, we are glad we can turn to someone who has already been through what we are going through."

On the following pages, Thetas from 14 college chapters recognize the many contributions alumnae make, and they share their ideas for alumnae relations programming.

Nu/Hanover

Our alumnae are very special to us. Our annual meeting takes place during homecoming, when alumnae are invited to a brunch at the Theta house. The alumnae usually arrive in time to watch the homecoming parade, take a tour through the Theta House, and eat brunch. This day is a nice time for all of us—especially the new members—to talk with Thetas from years past.

In celebration of Theta's 125th anniversary, Nu Chapter held a banquet after the 1995 initiation to which alumnae were invited. This day was a wonderful celebration of Theta history, and Nu was excited to share it with alumnae.

Nu's alumnae relations chairman, Sarah Renner, is planning a dinner to be held with alumnae. The invitations will be sent to the '93, '94, and '95 graduates of Hanover College.

Alpha Lambda/Washington

The Alpha Lambda chapter feels blessed to have an outstanding and active Theta alumnae community. Local alumnae direct a great deal of their activities and efforts toward creating a strong support group for us during our college days. "It is amazing to see how successful our alumnae are and how willing they are to come back to Theta," said Angela Anderson, junior.

In order to foster a good relationship, there are several events planned each year to introduce alumnae to collegians and to encourage future involvement. The first event of the fall is the annual assignment of a new member's pansy

link. Each initiate is partnered with a local alumna, and their relationship continues throughout the year.

The night that we met, or were reunited with, our pansy link was highlighted by a service project for CASA. Each pair of Thetas decorated two bags to be used in future CASA cases. Because CASA children often have little time to gather their things together before leaving their homes, the bags are a useful tool for CASA volunteers. The night was not only a great opportunity for all the new initiates to meet many of the local alumnae, but it also gave the new initiates a first glimpse of the Theta national philanthropy.

Another event spent with alumnae was this year's Founders Day brunch on January 28 at the Bellevue Athletic Club. Jen Slaughter said that the day felt like a "fun family reunion."

On what may have been the only sunny day this spring in Seattle, our chapter held our annual alumnae spring brunch. Most of the morning was spent chatting, recalling old times and divulging current situations. Last year's rush slide show was then displayed to show how we like to spend our time, and how little things have changed since the alumnae spent time in the Theta house.

The greatest example of how loyal and generous our alumnae are came this fall when Julie Compagno competed in the University of Washington Miss Greek contest. The main criteria of the contest was a competition to see which contestant could raise the most money for the Fred Hutchinson Cancer Research Center. Julie appealed to local alumnae and the parents of active Thetas, who banded together to help Julie raise \$6,000. Julie said, "I was amazed at how strong the alumnae community is and how generous they were with money and support."

The few hours that we spent preparing for the spring brunch and the pansy link program do not begin to compare to the time that our alumnae spend keeping our chapter strong. Their great support is an everyday example of the "chains that bind, linked heart to heart."

Alpha Upsilon/Washburn

We have realized that effective communication is the answer to our alumnae relations programming.

Our first successful act was to start a seasonal newsletter. The first two pages are devoted to the activities of our chapter; the current news of corporation, advisory, and the alumnae boards; and any other information that we feel the alumnae would be interested in knowing. The back two pages contain little stories, advice, and encouragement from the alumnae.

Our second successful act came from realizing that if we personally asked some of the local alumnae to come to an activity or to help with one of the boards, then chances were high that they would. With the help of the Advisory Rush Chairperson, we sent out personal letters to local alumnae asking for their participation in rush. As a result, we had many women to help with alumnae rotation, and we never experienced any shortage on any rush day when the alumnae helped in the kitchen. From that day on, we knew that when the alumnae and the collegians were working together, anything was possible.

Our last successful effort was beginning to work more closely with the alumnae board. Last fall, we decided to work with the alumnae board on an event they were hosting on homecoming weekend.

Our relationship with our alumnae is growing. This relationship helps us remember the past, recognize the present, and look toward the future.

Beta Omicron/Iowa

Throughout the school year, Beta Omicron plans events that can be attended by alumnae or by both collegians and alumnae. Each spring, the alumnae relations chairman sends an interest indicator to all the Iowa City alumnae. The indicator gives the alumnae an opportunity to offer their opinions and/or suggestions to the Beta Omicron collegians on possible joint activities. The results of the interest indicators give the alumnae relations chair a gauge of the interests of the alumnae, which she passes on to the other officers and members.

From the results of this spring's inter-

est indicators, Beta Omicron officers gathered many suggestions, and were able to ask alumnae for their help in many areas. For instance a few of the alumnae helped Beta Omicron get local corporate donations and prizes for our Tennis Classic charity event. In addition, many alumnae indicated that they would like to help Beta Omicron with homecoming, Greek week activities, or rush.

Through the interest indicators, Beta Omicron collegians also have an opportunity to help the alumnae. For example, any alumnae interested in baby-sitting services at home or at the chapter house or any alumna who would like her house cleaned may indicate it on the interest indicator. Beta Omicron then sends the interested alumnae a list of collegians who wish to help. We also give alumnae an opportunity to relive their college days by attending a formal Theta dinner and/or meeting.

In addition to the activities inspired by the interest indicators, the chapter holds several yearly events. Alumnae and their families are invited to our annual holiday tea and open house, held each December. Alumnae are also invited to attend our Founders Day ceremony, as well as the alumnae spring tea and a fall picnic.

The members of Beta Omicron realize the importance of the alumnae to their chapter and do all they can to foster good relations.

Beta Pi/Michigan State

The Beta Pi Chapter keeps ties with alumnae in several ways. One important way is through the advisory board meetings. Officer's advisers at Beta Pi can also be considered friends. Karen Stefl found a friend in her adviser, Barb Doyal and said, "She referred me to the agency where I now have an internship."

Our once-a-year celebration with our alumnae is on Founders Day. It is so special to share stories and learn about what other Thetas experienced during their active days in the house. Our 125th anniversary celebration was especially nice because we had the opportunity to honor a few 50-year alumnae, as well as a 70-year Theta who was in Beta Pi's founding pledge class. The excitement on her face when she found her picture on the wall made us realize how much Theta has meant to her through the years.

Our alumnae have also participated in

initiation. Last fall, two alumnae came to our house to help initiate two of our new members. In one case, a sister came back to the house she once lived in to initiate her little sister, and in another case, a mother helped initiate her daughter. The girls were so proud to have their Theta family members present during their special night.

Alumnae have so much insight into the events that go on in and around Beta Pi, but one of the most important ideas to learn from them is that Kappa Alpha Theta is something that forever lives in your heart.

Gamma Rho/ UC Santa Barbara

We enjoy a close relationship with alumnae in the area of Santa Barbara, yet we are always looking for new ways to include them in our events! Some of the ways we have done so include inviting alumnae to Monday-night chapter dinners, to service events, and to our annual Founders Day luncheon. We recently had a fun and successful philanthropy event for CASA. We flew kites with children in the program; several alumnae were invited to participate, and a fun time was had by all!

Other events fostering interaction with alumnae have included attending alumnae chapter meetings to develop charity activities, having holiday parties which include alumnae, and inviting the children of alumnae in the area to the chapter house for special activities. We also hold a senior workshop in which alumnae come to talk casually about life in Theta after college, and to just chat about postgraduate life in general.

We strongly support our Theta connection program which offers letters of reference for graduates; to remain active in such activities, we consistently update addresses in order to send out literature or invitations. We have also held a dinner for seniors at an alumna's home and have participated annually with several energetic alumnae in the Santa Barbara Multiple Sclerosis Walk.

We truly enjoy interacting with our alumnae. The Theta bond continues through such activities, as we truly realize the links which will bind us for a lifetime.

Gamma Omega/ Auburn

We have been quite busy improving and growing in our relationships with our alumnae. We have begun an alumnae newsletter, the *Twin Stars Tribune*, sent to Gamma Omegas quarterly. The newsletter lists every upcoming alumnae event, as well as accounts of what the collegians are doing. The *Twin Stars Tribune* is appreciated by our alumnae not only for its calendar of activities, but also for the increased amount of communication it provides between past and present sisters.

We have initiated a new way to get to know our alumnae—letter correspondence! Each sister is given an alum chum to write to throughout the year. One sister and her alum chum have even planned a camping trip to the Georgia mountains, where their friendship will continue to blossom.

This summer, we will have an entirely new chapter room in our dorm, thanks to our wonderful and generous alumnae. To celebrate our beautiful remodeled chapter room, this fall we issued an open invitation to our alumnae to visit with all the sisters following rush. In late May, an alumnae tea, celebrating our alumnae and graduating seniors, is planned. We at Gamma Omega know the importance of alumnae relations. We try our best to keep them informed, hoping that in turn we can create some wonderful relationships between past and present Thetas.

Delta Zeta/Emory

Our alumnae are our advisers, our supporters, our friends. Our alumnae return to us and lend their assistance in so many remarkable ways.

The 1995 fall semester was filled with many exciting occasions for Delta Zeta. Our first event was an open house. All alumnae were invited to visit and acquaint themselves with the current chapter. Alumnae were welcomed back later in the fall for our career night, a new and exciting prospect for us. Alumnae shared job ideas and advice (something every college student desperately needs!). We also welcomed alumnae who want to serve in adviser positions or volunteer their time to

assist with rush or initiation. Our chapter is thrilled to meet alumnae on any occasion!

The sharing of love and goodwill is a continuous cycle. We are always thankful for our extraordinary alumnae and their phenomenal support.

Epsilon Lambda/ Dickinson

Epsilon Lambda has always prized its relationship with alumnae, its own as well as the local Harrisburg Alumnae Club. This year, more than ever, Epsilon Lambda has been involved with Theta alumnae. Occasions such as Dickinson's Alumnae Weekend, CASA projects, Theta's 125th anniversary, and Epsilon Lambda's ongoing search for a house to call its own have provided ample opportunity for Thetas at Dickinson to be involved with alumnae.

Alumnae Weekend at Dickinson is always a big event. Alumnae from all over the country come to see the football game, reminisce as they walk across campus once again, and catch up with old classmates. Last year, Alumnae Weekend saw many Thetas return to Dickinson. Epsilon Lambda sent out invitations to all its former members and held a postgame picnic at its on-campus residence for alumnae and collegians.

The Harrisburg Alumnae Club has always been very active. They helped establish Epsilon Lambda in 1982 and have continued to be very involved with us and with Theta activities such as CASA. This year, Epsilon Lambda helped the alumnae chapter stuff Halloween bags for CASA. We also invited alumnae to a dinner honoring Theta's 125th anniversary. At this dinner, as well as at the annual Founders Day Luncheon that is held every January, it was touching to hear alumnae share their most precious memories of Theta, from chapters across the country and from times past and present.

The Harrisburg Alumnae Club also helps Theta maintain its official nonresidential apartment. This apartment, though it is beautiful and spacious, is quite a few

blocks off Dickinson's campus. The trek there for events can be quite daunting, especially in the rain and snow that frequent Carlisle. The alumnae have been kind enough to help us look for a house close to campus that would be big enough for official purposes, as well as house any active member of Epsilon Lambda who wished to live there.

Epsilon Lambda cherishes its relationship with alumnae. Not only did they help found our chapter, but they also remind us of what Theta means to us now, and they show us what Theta will be to us in the future. It is always nice when an Epsilon Lambda alumna sits in on a meeting or writes us about our alumnae newsletter. Alumnae are an important resource that Epsilon Lambda does not take for granted.

Epsilon Pi/Bucknell

Laura Pye, Epsilon Pi/Bucknell, has found a unique way to foster alumnae relations. Using her extraordinary abilities as a seamstress, Laura has sewn a quilt. Each quilt square lists and represents the members of each of the different chapter families between the years 1991 and 1993.

Laura began her quilt project when she was elected activities chairperson. She hoped to encourage greater unity within each of the Theta families. Laura gave each Theta family a square of material to decorate. After each square was completed, Laura spent her spring break sewing these squares together and completed the quilt in time for Epsilon Pi's Tenth Anniversary Ball.

The quilt currently decorates a wall

of the Epsilon Pi suite. Recent Theta alumnae who visit the suite can look at the quilt and recall fond memories of their Theta families.

Laura Pye would be happy to explain the quilt-making process to any other interested chapters. She says, "It's an easy and enjoyable project that embodies a sense of unity among all members of the chapter, past and present."

Zeta Eta/Wofford

Each year the Zeta Eta Chapter gathers for a spectacular kite-fly to recognize alumnae and indulge in a special time of sisterly fun and fellowship. The event gives the chapter the opportunity to interact with our unforgettable alumnae and gives the alumnae the chance to reunite and stroll down memory lane. This year's kite-fly was held during homecoming, October 13-15. The chapter also hosted a reception in honor of alumnae during that weekend. Our spirits soared like kites!

Zeta Mu/MIT

Alumnae are an integral part of the Zeta Mu Chapter. They do everything from helping out at rush to feeding us during study breaks. Because we are a fairly young chapter, Zeta Mu alumnae still participate in many of our activities. We've had many Boston-area alumnae come to our semiformal and formal dances. Furthermore, our chapter holds an alumnae luncheon every year so that new members and old members can socialize together.

At a "tech" school like MIT, one of the most common means of communi-



(above) Members of Zeta Eta/Wofford gather for a kite-fly to honor alumnae.

(left) Laura Pye, EPI/Bucknell, has created a quilt with squares that represent her chapter's Theta families.



Members of Zeta Nu/UC Davis welcome alumnae and collegians for District IX's district day.

cation for our alumnae is e-mail. We have an alumnae e-mail list as well as a chapter e-mail list.

However, just because we use e-mail, it doesn't mean that sisters don't pick up the phone and call their big sisters or twin stars to chat. We also write letters. (Yes, we can write!) Our alumnae relations chair, Christine Lee, works hard to keep ties between the chapter and the alumnae close. She keeps track of where everyone is so we can get in touch with them whenever we want.

Alumnae are important to a growing chapter not only as a means of reference to where we've been and where we are now, but also for help and support. Once upon a time, they went to the same school and had the same problems, so they always know where our worries lie. When we are a little confused, it is easier to turn to someone who has been through it all, someone who has survived it all, and—most of all—someone who is a sister.

Zeta Nu/UC Davis

We are proud of our alumnae. We are especially eager to develop and maintain strong bonds between collegians and alumnae; as a young chapter, we have the opportunity to create the traditions and relationships that will exist in future years. Zeta Nu was founded just three years ago, and our alumnae numbers are relatively limited, but Theta alumnae from numerous other chapters have helped us establish ourselves here at UC Davis. Our house, acquired only two years ago, was decorated entirely by alumnae and is filled with generous donations from Thetas everywhere.

Because our chapter is young, we were especially honored to be selected as host for the biennial district day event, a gathering of Thetas from District IX, which covers northern California and part of Nevada.

More than 40 women, representing eight alumnae groups and five college chapters, met in March for a day of workshops, discussions, and fun. Many stories were told and many ideas were generated. The many years of Theta experiences represented among the group gave the collegians an opportunity to find out more about successful alumnae programs and relations.

We were honored to have former Grand President Janet Peters attend district day. She summarized the experience by saying that communication is the key to alumnae relations and that college members need to be sensitive to the time constraints of alumnae. She also told our chapter that since we are young, we should concentrate on building traditions and positive images now, in order to make us stronger in the future.

Although Zeta Nu is a young chapter, we already have three years behind us. The years

ahead will be spent working with our alumnae, using their resources, and proving that Theta really is for a lifetime.

Zeta Omicron/ Wake Forest

Whether we gather for social or business-related matters, we consider ourselves fortunate to have an active alumnae chapter to assist us. We kicked off the year with an alumnae mixer.

Collegians and alumnae became better acquainted over desserts brought by the alumnae. "It was very interesting and enjoyable to learn about what it was like to be a Theta at different schools. We also realized that not as much has changed through the years as many of us may have believed," remarked Paula Tipton.

Our local alumnae offered us support and resources for rush and initiation. In addition, the alumnae also invited our seniors for a special senior ritual and brunch. And for a send-off, the alumnae treated us all to an ice-cream social before our final meeting.

Although our chapter cannot begin to thank the alumnae for all of their support and kindness, we made an attempt to say thank you last spring. We sponsored an Easter egg hunt for the children of alumnae and faculty. It turned out to be a huge success and fun for all.

Building relations between college and alumnae chapters is rewarding for everyone involved. We can all learn from one another and continue to keep strong the Theta bond that links us. ■



Winston-Salem alumnae and Zeta Omicron/Wake Forest collegians enjoy an ice-cream social.

Thetas Learn to Shape Their Worlds at LeaderShape

There are some people who say society is on the decline and that the twenty-first century will lack leaders. But I have seen the caliber of young people who have committed themselves to lead with integrity. I have

experienced the marvelous things that can happen when complete strangers come together and, in the course of six intensive days, discover their potential as individuals and their potential as leaders and, most importantly, unleash the passions and commitments that will allow them to create their own visions.

I have seen all this at The LeaderShape Institute, a six-day leadership development program that helps young people learn to lead with integrity. More than 150 Thetas have had this remarkable experience, primarily through the support of the Kappa Alpha Theta Foundation.

But LeaderShape is not limited to just members of Kappa Alpha Theta. Since 1986, more than 2,500 young people from different colleges, universities, and organizations have traveled to Champaign, Ill., to be part of The LeaderShape Institute.

The graduates of The Institute return to their organizations ready to produce extraordinary results and committed to doing so with integrity. Kathy Hawley, Delta Iota/Puget Sound, a 1995 graduate of The LeaderShape Institute, says, "LeaderShape was the most inspiring week of my life. I learned lessons and principles that I will carry always and formed friendships that I will never forget."

This kind of comment is not uncommon from graduates of The LeaderShape Institute. Past participants often reflect that the sharing, the energy, and the learning that take place at LeaderShape can be life-changing.

Over the past three years, I have been exposed to the participants, the curricu-

lum, and the experience of The LeaderShape Institute firsthand. My initial experience with LeaderShape came in the fall of 1992, when I was hired as the summer intern to LeaderShape for 1993. (This was the same year that Theta sent a delegate from each chapter to The Institute.) After two summers as an intern, I realized that my own experiences with LeaderShape had also been life-changing, and I became a member of the full-time staff.

What is it about LeaderShape that creates inspiring experiences for participants? Each session of The Institute includes approximately 60 young men and women from all over the country. Much of the learning takes place in small groups called family clusters. As the name implies, this group becomes one of the primary supports for the participants during the week. Nancy Kendall, Alpha Epsilon/Brown, who attended LeaderShape last summer, says, "This is an incredible opportunity to meet with leaders from very different backgrounds and from very different organizations and to see how different methods of leading are employed. The program that LeaderShape offers is tremendous—it truly changes your life and your way of viewing leadership."

How exactly does LeaderShape view leadership? LeaderShape defines leadership as making a commitment to a vision, bringing that vision to reality, and sustaining a high level of integrity.

While at The Institute, participants focus on creating their visions, creating action plans for those visions, focusing on the value of relationships with others to accomplish things, and learning how to deal with the chaos that will invariably arise when they return to their organizations. While doing all this, the participants also gain powerful insights into their own effectiveness through feedback and sharing with family cluster members. Kathryn Danziger, Epsilon Sigma/UC Irvine, says this to describe her experience, "The LeaderShape Institute has helped me to learn that it doesn't take just one person to be a leader, but that you need to work as a team to accomplish your goals. The

"I learned to listen more and accept constructive criticism in order to help my chapter. I gained a lot of confidence and motivation."

**Kim Svenson
Alpha/DePauw**

"It was a great experience and taught me many things that I will use not only in Theta, but also later in life."

**Jill Elliott
Gamma Psi/TCU**

by Anne Humphries



During the team challenge course, participants work through a series of outdoor initiatives and discussions.

Institute taught me that I can accomplish anything I want as long as I strive for my vision."

All participants leave The LeaderShape Institute with a LeaderShape Project. This is a well-conceived vision and plan of action for the participants to implement when they return to their organizations. It is through the vision-development process that Thetas attending The LeaderShape Institute create the opportunity to produce extraordinary results once they return to their individual chapters. For the Thetas who attend, The LeaderShape Institute is truly an investment in the future of the chapter.

One of the unwritten benefits of my position with LeaderShape is the opportunity to meet wonderful Thetas. Last summer was no exception. Eleven members of Kappa Alpha Theta attended The LeaderShape Institute as participants. Six were sponsored by the Kappa Alpha Theta Foundation, and five came with financial support from their chapters, Advisory Boards, or Facility Corporations. In addition, one of the volunteer cluster facilitators was a Theta alumna, and the summer intern was also a Theta. We are also grateful for the continued support and wisdom of former Grand President Sue Supple, who serves as a member of the LeaderShape Board of Trustees.

Those of us who have experienced The LeaderShape Institute hope that Thetas from all over the country will

continue to be involved in this leadership development program. This may become even more possible in the near future because LeaderShape has recently expanded to different campuses. Campus-based sessions of The LeaderShape Institute are currently being held for students at Georgia Tech, Illinois, Michigan, MIT, and Purdue. We anticipate that the number of campuses sponsoring sessions of The LeaderShape Institute will continue to grow in future years.

LeaderShape, Inc., has a vision for its future as an organization. It is "to improve society by inspiring, developing, and supporting more people dedicated to 'leading with integrity.'" I am proud that so many Thetas are playing a part in the attainment of this vision. Many great things are going on in the undergraduate chapters of Kappa Alpha Theta as a result of members attending The LeaderShape Institute. This is exciting, and it is even more exciting to wonder what great things these young women will accomplish in the future. ■

Anne Humphries, Beta Lambda/William & Mary, is director of program management at LeaderShape, Inc., in Champaign, Ill.



"The LeaderShape Institute taught me the value of creating a vision as a chapter, then breaking the vision down into smaller steps and taking each step one at a time."

**Danielle Hample
Gamma Pi/Iowa State**



During the summer of 1995, 13 Thetas participated in LeaderShape. Becky Barrett, P/Nebraska (left); Katie Anderson, AT/Ohio State (center); and Wendy Nave, P/Nebraska (right), pose with intern Cassie Phillips, Δ/Illinois, and program director Anne Humphries, BΛ/William & Mary.



DIRECTORY

Correspondence or telephone calls to officers or trustees of Kappa Alpha Theta Fraternity or Foundation may be directed to International Headquarters, 8740 Founders Road, Indianapolis, IN 46268, 317-876-1870.

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An Indiana Not-for-Profit Corporation established May 26, 1961, for the purpose of receiving and disbursing funds in order to continue and increase the philanthropic, scholastic, and leadership programs of the Fraternity.

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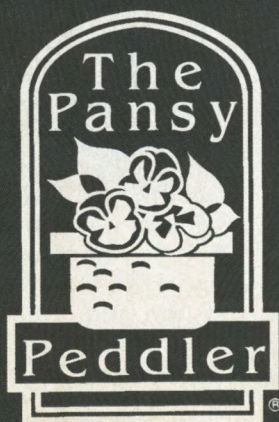
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"The visit from a chapter consultant showed us what an ideal Theta should be like."



"She provided us with great ideas to make the new members feel welcome and have fun."



"She was very knowledgeable about Theta and offered great, professional suggestions."



Linking Kappa Alpha Theta college chapters to one another and to Fraternity Headquarters, chapter consultants travel thousands of miles across the US and Canada each year. They ensure that Kappa Alpha Theta is represented positively through each of its chapters and that the Theta experience is a rewarding one for all members. The chapter consultant program is fully funded by a grant from the Kappa Alpha Theta Foundation.



Five Outstanding Young Women



1995-96 chapter consultants

(clockwise from upper left): Lesley Ross, Paige Bendel, Jill Quintana, Ansley Paulsen, Christine Lawson.

Brought to You by Kappa Alpha Theta



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Elvira Aronson Parker
Allegheny 1933; January 1994

Helen Shaffer Williams (Mrs. Robert)
Allegheny 1939; January 1995

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Arizona 1944; September 1995

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Arizona 1923; May 1995

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Beloit 1955; September 1995

Berniece Hall Glass (Mrs. F. Elbert)
Butler 1912; December 1994

Alice Woollong Coble Roggie (Mrs. W. Clark)
Butler 1934; September 1995

Katherine Segerberg Clark (Mrs. Doyle)
Colorado 1924; April 1995

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Colorado 1927; June 1995

Jean Johnson Pierpoint (Mrs. A. W.)
Colorado College 1932; July 1995

Lucille Oakes Stangle (Mrs. Leo)
Colorado State 1934; June 1995

Virginia Wylie Barber (Mrs. William)
Cornell 1946; June 1995

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Drake 1926; May 1995

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Drake 1949; February 1995

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Mary Shannon Stultz (Mrs. Bruce)
Georgia 1943; January 1995

Grace Hawkins Hill
Goucher 1917; July 1995

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Idaho 1934

Elaine Westberg McCartney (Mrs. Richard)
Idaho 1973; July 1995

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Illinois 1924; September 1995

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Illinois 1936; July 1995

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Illinois 1938; September 1995

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Illinois 1946; May 1995

Jean Randolph Lewis (Mrs. Tom)
Illinois 1943; August 1995

Judy Foulkes Baker (Mrs. Alan)
Indiana 1965; August 1995

Eleanor Rake Castle
Indiana 1935; July 1995

Mary Wellcome McNitt
Kansas 1919; June 1995

Helen Sawyer Meier (Mrs. J. Walter)
Kansas 1923; April 1995

Frances Gregory Fulton (Mrs. D. Karl)
Kentucky 1949; June 1994

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Virginia Lane Schmidt
Michigan 1931; July 1995

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Missouri 1939; January 1994

Dorothy Orr Wandling (Mrs. Lee)
Missouri 1930; September 1995

Eleanor Stuckey Mosley (Mrs. F.C.)
Missouri 1942; September 1995

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Ruth Carpenter Russell (Mrs. Ralph)
Nebraska 1922; May 1995

Esther Romano Galli (Mrs. Michael)
Nevada 1936; May 1995

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Northwestern 1939; January 1995

Caroline Redrup Adams
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Jeanette McIntosh Wood
Oklahoma State 1959; July 1995

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Mary Louise Davey Ellis (Mrs. Donald)
Penn State 1944; June 1995

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Penn State 1931; July 1995

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Purdue 1954; July 1995

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Randolph-Macon Woman's C. 1924; June 1995

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San Diego State 1959; September 1995

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South Dakota 1938; June 1995

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Texas 1952; July 1995

Lena Sanderson Nesrsta
Texas Tech 1953; July 1995

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Susan Mueller Sladoje's birthday
by Deborah Bormmann Allen
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Her four Theta granddaughters
by Rosemary Walton Ransom
Kappa Alpha Theta Headquarters Staff
by Marilyn Cheshier Lynch
1995 Tau chapter seniors
by Chicago North Shore Chapter
Epsilon Sigma's 10th Anniversary
by Kristine Knutsen Hoffman
1995 Epsilon Phi chapter seniors
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by Michael Douglas
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Mary Wardlaw Fisk, A
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by Beverly Starnes Gerding
Joline Ackerman Robinson, P
by Joanne Ackerman Goodwin
Alice Woolling Coble Roggie, IT
by Betty Blackmore Dolzall
by Louise Brandt Moffett
by Margaret Ramey Kinnear
Elizabeth Spencer Rowe, ITΔ
by Elizabeth R. McAfee
Susan Jane Salisbury, AY
by Anne Salisbury Edwards
Lawrence Santos
by Marlys Aboudara
by Mr. and Mrs. Eugene Cirese
Virginia Lane Schmidt, H
by Rodger Schmidt
by Florence Helen Ashby
by Mr. and Mrs. Watson Spoelstra
by Mary Pearson
Jennifer Marie Schudel
by Muncie Alumnae Club
Violette Marsh Simmonds, BI
by Mrs. Elizabeth S. Gepson
Mayme Baldwin Simpson, Δ
by Josephine Simpson Houston
Mary Elizabeth Sloate
by Sue Sloate Thisler
Amy Snow, EA
by Jessica Kardish
Lucille Oakes Stangle, BT
by Helen Clements Perry
Jean Bedwell Stewart, B
by Lee Ann Stewart Fennessy
Jane Strachan
by Joyce Harrison Honeyman
Ann Arnold Sullivan, I
by Barbara Britton Matta
Constance Jackson Thomas
by Norma Young Gardner
Constance Bone Thomas, AY
by Harriet Kercher Trees
Dana Thompson, B
by Megan Tennent
Dr. H.H. Trippet
by Waco Alumnae Chapter
Dorothy Thomas Tuck, A
by Eliene Slack Galloway
Isabelle Gedney
by Ann Jones Seybert
Jacque MacLeod Von Essen, O
by Barbara McCoy Brandon
Mr. David Wallace
by Waco Alumnae Chapter
Dorothy Orr Wandling, AM
by Elizabeth Dentz Upham
Alma Brooks Weaver, BZ
by Nancy Gupton Aitken
by Alice Waldron Swanson
by Marjorie Arnold Bowen
by Jane Weaver Stout
by Marilyn Morrison Osterhoff
by Jacqueline Murphy Kremers
by Nan Mosby Thompson
by Mary Solberg Galloway
by Patricia Johnson Theil
by Sherla Alberola
Regina Borden Western, BΨ
by Marilyn Lovett Handy
by Santa Ana Area Alumnae Chapter
Ann Russell Wilson, ITΔ
by Ann Longworth Haward
Barbara Shrimpton Woodward, BΣ
by Virginia Ong West
by Mary Ann Boyle Allen
by Janis Hendrie Crowhurst
by Mary Jean Reeves Wilson
by Orange Coast Alumnae Chapter
Madeline Purnell Wray, BΘ
by Carolyn Wray Rudnitsky
Florence Benner Wylie, B
by Margaret Wylie Sibbitt
Beverly Ballantine Yntema
by Betsy Driscall Lowry



Louise Roselle, BP/Duke, stands with her husband, Dr. David Roselle, president of the University of Delaware, as he receives Zeta Tau's charter from Christine Lawson, Ω /UC Berkeley, chapter consultant, and Margie Baum, BE/Oregon State, Vice-President Development.

Welcome, ZETA TAU

Kappa Alpha Theta's newest chapter, Zeta Tau, was installed on the campus of the University of Delaware, Newark, Del., on November 4. Eighty new members were initiated by an 11-person installation team with assistance from Gamma Mu/Maryland and Epsilon Rho/Lehigh.

Congratulations to our brand-new chapter!



The Zeta Tau installation team included: back row: Christine Lawson, Ω /UC Berkeley; Paige Thompson, N/Hanover; Hillary Brames, Γ /Butler; Louise Roselle, BP/Duke; Katie Opher, BN/Florida State; Ann Larget, $\Gamma\Sigma$ /San Diego State; front row: Sue Supple, A/DePauw; Joyce Anne Vitelli, X/Syracuse; Florence Ashby, BN/Florida State; Margie Baum, BE/Oregon State; Karen Alter, Γ /Butler.



As a colony, Zeta Tau participated in the Homecoming Carnival, as well as in intramural volleyball and in Delta Gamma's Anchor Splash.

After the Loyalty Service, new members enjoyed an ice-cream social.



Alice Brodhead, BH/Pennsylvania, chats with Danielle Dasch, charter member of Zeta Tau. As a pledge, Brodhead met founder Bettie Locke Hamilton. "Together she and I span the entire history of Kappa Alpha Theta, all 125 years of it!"

A formal photograph of Zeta Tau's charter members will appear in the Spring 1996 issue of *The Magazine*. ■

A VISION OF SOMETHING BETTER



Sue Anne Starnes Gilroy,
Indiana's first female secretary
of state, strives to make a difference.



PHOTOGRAPHER ED MOSS ©

Not good," says Sue Anne Starnes Gilroy, Alpha/DePauw, Indiana's secretary of state. "Not good enough."

Gilroy is commenting in retrospect on the number of phone calls her staff was able to answer when she took office last December. But she could be commenting on any number of issues that concern her.

To simply say that Gilroy is not satisfied with the status quo is, well, not good enough. More accurately, she is not satisfied until she has created a vision of something better and then worked to make it happen.

"That's the fun of all this: to figure out how to do it better," explains Gilroy with enthusiasm. "I figure there's always a better way to do whatever we're doing."

As the first woman to hold the third highest office in the state of Indiana,

Secretary of State Gilroy has proven that statement to be true.

In her first six months in office, Gilroy—a Republican—negotiated the transfer of power with her Democratic predecessor. This transfer took place during the office's busiest month, and Gilroy likens it to taking over a large department store during the holiday season. She also formed an aggressive pro-small-business legislative package (a significant amount of which was passed by the legislature) that focused on cutting paperwork and cutting costs. And she accomplished this while learning to feel at home as Indiana's fifty-eighth secretary of state.

Gilroy certainly looks at home in her large, traditional office, situated in the Indiana State House. Comfortable, confident, and gracious, she is near a substantial-looking desk, flanked by US and Indiana flags. On the polished surface of the desk are neat stacks of work in progress and framed family photos,

including one of the Gilroys' teenage son and one of their daughter, Emily, whom they lost to cancer in 1989. There's also a small paper bag, which—at 3 PM—contains the secretary of state's still-untouched lunch.

Gilroy tells the story of her first view of the secretary of state's office, the day after she was elected in a landslide victory. Following a meeting in the office, she was asked what it was like and responded, "I was so involved in the conversation, I cannot tell you what the office looked like, except for two impressions. One, I do not believe there is a computer. Secondly, I felt very much at home."

When she returned to the office, Gilroy's observations were confirmed. "No computer, and that's one of my challenges: to help this office become technologically a part of this world." Then she smiles and adds, "And I realized the reason I felt at home was because the couch and the chairs are

By Susan Stephan Holloway

“NO MATTER WHAT AGE YOU ARE
OR WHERE YOU ARE,
YOU HAVE A ROLE TO PLAY.
AND YOU CAN MAKE A DIFFERENCE”

upholstered in the companion fabric of my living room.”

This ability to remain keenly aware of the key points while maintaining a solid instinct for the more subtle elements of any situation has served Gilroy well in her years of public service. She says she learned from the best. “Dick Lugar [US Senator from Indiana] taught me how important it is to stick to the basics, to do your very best where you are and focus on the business at hand, while keeping an eye on the big picture.”

In 1970, after Gilroy graduated cum laude from DePauw university with a degree in communications, it was Lugar, then mayor of Indianapolis, who hired her as a project associate. He later appointed her director of parks and recreation, making Gilroy the youngest person, and the first woman, to be appointed director of a city department.

While working in the mayor’s office, Sue Anne Starnes met Dick Gilroy, an attorney. After marrying and starting a family, Gilroy spent about 13 years in the private sector. She served as assistant to the president of Indiana Central University (now University of Indianapolis) and as a fund-raising consultant and business administrator for Tabernacle Presbyterian Church in Indianapolis. It was during this time that the Gilroys were confronted with their young daughter’s illness.

“Those seven years tested us and sort of took away all sense of ‘we are in control,’” says Gilroy, who told Thetas at the 1995 Leadership Conference how she had been inspired by Emily’s battle for her life. “Having come face to face with that experience certainly developed our faith, showed us the importance of courage, and focused us on our family.”

Gilroy believes that faith, courage, and focus also are vital ingredients of leadership and says she has used that difficult experience as a guide for her work. “During those seven years, we didn’t get more accomplished than focusing on

Emily and our son, Grant, getting our work done, getting back and forth from the hospital. We didn’t pay much attention to what was happening in government. We just expected them to do the right thing by us.

“I’ve really used that as a sort of model. People all across the US are rearing their families, tending to their own jobs, living through who knows what crisis. Consequently, they should elect officials who have values and experience and who have their best interests in mind.”

Solid values, strong leadership skills, and sound management abilities have built Gilroy’s public service career and make her well-suited to the duties of secretary of state. Gilroy explains that most of her work is managerial. Where some might see tedium, Gilroy sees opportunity.

“This state is built by agriculture, by small business,” she explains. “That’s where I see I can play a major role as an advocate for those people, because they are my customers. I have to be aware that people have very little margin of extra time or energy to deal with unnecessary bureaucracy. I’ve just made it a goal that I begin right here, taking care of the things that I can affect, cutting out all the unnecessary paperwork and unnecessary costs and unnecessary hassles.”

As a result of her commitment to reform, Gilroy was honored in May 1995 as the first state officeholder to receive the Guardian of Small Business award from the National Federation of Independent Business. She is the first nonlegislator to receive the honor and points out the award as she affirms its importance to her.

“I think I probably got the award because my first week here I assembled a group of counselors—all small business owners and professionals who deal with this office—to review everything we do and ask why we do it. If there’s no good reason, we’ve tried to get rid of

it. These counselors helped me form my legislative package.”

Finding new avenues for solving problems is not new to Gilroy, who says it seems that her varied experiences have intersected remarkably well in preparing her for her present position. Those experiences began in Crawfordsville, the small Indiana town where Sue Anne Starnes grew up and in which her parents still live. Her father, a retired teacher, was an early inspiration, and she recalls lively political discussions with her parents, who were very active in politics on the precinct level.

Gilroy, always active in student council, volunteered on her first political campaign when she was 14. As a teenager, Gilroy also met Bill Hays, then mayor of Crawfordsville, when she was recommended to him to serve as president of a youth council he was assembling. Hays used Gilroy’s suggestions for getting more young people to use the town’s recreation center. “It was a very important learning experience: that an official should involve people in making decisions,” Gilroy explains. “It also taught me that no matter what age you are or where you are, you have a role to play. And you *can* make a difference.”

It was Hays who later encouraged Gilroy to seek a job with Richard Lugar in the Indianapolis mayor’s office. She considers both men important influences and wants to pass that kind of support on to young people. She encourages them to “do a stint” in public service as a way of giving back to the community and as a valuable learning experience, and she invites them to come work for her.

In addition to those who set a standard for her in public service, Gilroy credits her entrepreneurial experiences, volunteer work, being a mother, and her small-town roots as sources of motivation for running for office. “These things shaped my values of what’s important: family, participation, citizen-



PHOTOGRAPHER ED MOSS ©

ship, church, friends. I want to see this whole state as I saw Crawfordsville. I want that connection. I really value that connection."

Theta connections are also important to Gilroy, who recently attended her twenty-fifth pledge-class reunion. She believes that Theta remains relevant in today's world. "It fosters a sense of community and responsibility. I'm very proud of it." Gilroy says that some of her first leadership experiences were gained as president of Alpha Chapter in 1970. "It was a time of real conflict and confusion. What an opportunity to be a part of an institution that was being questioned, along with all institutions, and to lead during that time."

Among her most memorable experiences as chapter president was her participation in an organization that brought together students, faculty, administrators, and the DePauw Board of Trustees to negotiate more individual freedoms for DePauw women. The result was the elimination of "hours" for women students. Recalls Gilroy, "We were very convincing. We were absolutely

sure of our cause and really very persuasive."

At last summer's Kappa Alpha Theta Leadership Conference, Gilroy urged participants to go beyond their limits, telling them that good leaders are motivated by a vision of something better. What motivates her in her work, she says, is her vision of Indiana. "I have a vision of a government that is small, that is less intrusive in our lives, that costs less. I envision a government that invests in families, in individuals, and in business so that Indiana continues to be on the cutting edge, both economically and in terms of quality of life."

As for the personal vision of the woman who many think may be Indiana's first woman governor, Gilroy smiles and says, "I feel that if I do the very best job here and keep focused, if I perform in a way that I should, other opportunities may come. But right now, my vision is just to make a difference here, right where I am." ■

Susan Stephan Holloway, ITI/Iowa State, is a freelance writer and a former editor of *The Magazine*.

REUNIONS

THETA



15TH Twenty-five years of Delta Sigma/Ball State pledge classes met for a reunion weekend in Muncie, Ind. Members from the 1980-82 pledge classes include: Sharon Mueller Renner, Kelly Eckstein Hodgson, Amy Matheson Seward; Back row: Nora Bamman Pcolinski, Maureen Fahey Bowers, Angie Goddard, Angie Ostler Rohrabough.



32ND Members of the 1963 Alpha Upsilon/Washburn pledge class met for a reunion in Denver. Front row: Ginna Harbison Mitchell, Jill Heitzeberg; Middle row: Mayre Macey Hoffman, Laurie Calder Graves, JoAnne McDaniel Glenn; Back row: Kathy Portman, Jenifer Lucas, Judi Barker Ford, Patty Bushey Byassee, Carol Lyon Vogel, Dana Hook Rooney, Ann McIntosh Adrian, Kathy McClure Hood.



35TH Members of the 1961 Beta Gamma/Colorado State pledge class met in Jackson Hole, Wyo., for a thirty-fifth reunion. Back row: Sue Bradley Karabensh, Dianne Dreher Nelson, Connie Layman Hegstrom, Barbara Markham Larson, Lindy Willard Nelson, Peggy Benson Keonjian, Pam Dalziel Murdock; Front row: Carmella Corsentino Hurry, Beverly Wolvington Groshens, Susi Dimit Krutsinger, Laura Brinkerhoff Palmer.



38TH Eight members of the 1957 and 1958 pledge classes of Tau/Northwestern Chapter met in Michigan for a weekend reunion. Back row: Louise Backus Lonsbury, Susan Likert Carlson, Janet Goan Burdick, Pat Healy Barry; Front row: Sue Schoenberg Knotts, Gwyn Davies Rahr, Judy Bach Smith, Bonnie Ellis Marvil.



38TH The 1957 pledge class of Beta/Indiana spent four days in Green Lake, Wis. Sixteen members attended the reunion. Front row: Katy Bigge Kestner, Rita Baldrige Hudelson, George Ann Gerlach Dennis, Barbie Shank Neal, Cindy Grant Oehrle, Sue Woodfill Greenlee; Back row: Betsy Williams MacLennan, Joan Thursfield Hawks, Sandy Smith Clark, Nancy Scott Mulvihill, Mary Lehwald Lofgren, Lois Young Dusthimer, Carol Rapp Barbeito, Charlotte Isgrigg McLain, Mary Ann Mericle Ferree, Camella Kyger.



40TH Ten members of the 1952 pledge class of Mu Chapter at Allegheny College met for their fortieth college reunion. Members present included Marty Long Favarella, Gay Anderson McIndoe, Mary Jane Barnes Houtz, Sue O'Connor Idleman, Lynn Crowell Lawton, Mary Lou Robinson Seamens, Janet Gridley Dickson, Mary Ruth Sutter Zehrung, Marva Digby McArthur, Ann Adaway Jahant.